

# PATRIOTS ROMP TO WIN OVER BRONCOS

TOM BRADY THROWS FOR FOUR TOUCHDOWNS. PAGE 15

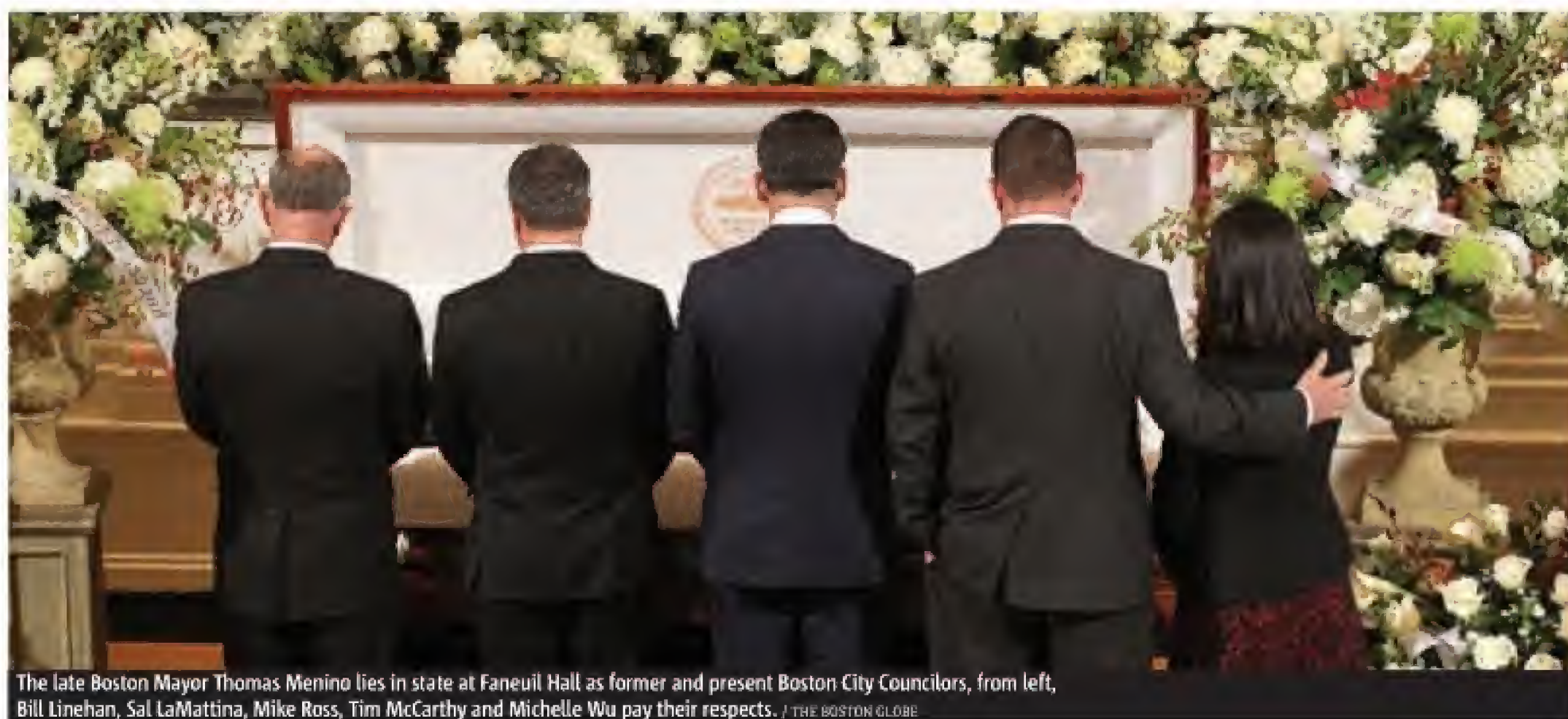
# metro

**BOSTON** Monday, November 3, 2014 [www.metro.us](http://www.metro.us) | t: MetroBOS | f: MetroBoston



## Thousands pay respect to former Mayor Menino

**Politics.** As Boston's longest-serving leader lay in state at historic Faneuil Hall, droves of his supporters braved frigid rain, snow and wind to say their final goodbyes. A private funeral Mass will be held today in Hyde Park. PAGE 12



The late Boston Mayor Thomas Menino lies in state at Faneuil Hall as former and present Boston City Councilors, from left, Bill Linehan, Sal LaMattina, Mike Ross, Tim McCarthy and Michelle Wu pay their respects. / THE BOSTON GLOBE

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Photo © Adam DeTour



# Mourners withstand Nor'easter for Menino



A long line formed outside Faneuil Hall as Bostonians came to say their final goodbyes to former Mayor Thomas Menino, who will be laid to rest in Hyde Park today. / NICOLAUS CZARNECKI, METRO

## Faneuil Hall.

Frigid temps did not deter mourners from honoring former Mayor Thomas Menino.

Those wishing to pay respects to the late Thomas Menino, Boston's longest-serving mayor, turned out by the thousands at Faneuil Hall on Sunday.

The public wake was held three days after Menino succumbed to cancer. Gov. Deval Patrick, U.S. Secretary of State John Kerry, Menino's successor Mayor Martin Walsh and his predecessor Ray Flynn were among the local and state dignitaries who attended.

Visitors began lining up outside the historic hall before doors opened at 10 a.m., braving the raw weather during



Visit [Metro.us](http://Metro.us) for a map of today's procession route and list of street closures.

Sunday's Nor'easter.

The Menino family asked that visitors not photograph their patriarch as he lay in an open casket, surrounded by flowers. A black rosary was woven through his fingers, and his Louisville Slugger baseball bat cane was nestled at his side.

Cardinal Sean O'Malley led a public Mass in Menino's honor at the Cathedral of the Holy Cross later in the morning.

Menino, who was 71 when

he died Thursday, led the city for two decades before stepping down in early 2014 at the end of his fifth term, saying he could no longer keep up with his hectic mayoral schedule.

In March, Menino revealed that he had been diagnosed with advanced cancer. In late October, he announced he was halting his cancer treatments and a book tour to spend more time with his family.

A private funeral Mass is planned for noon today at Most Precious Blood Parish in Hyde Park. Vice President Joe Biden announced on Friday that he is planning to attend the ticketed service.

A funeral procession will wind its way from Faneuil Hall to the parish. It will pass by a number of iconic Boston locations, including City Hall (which housed the long-time mayor's office), Parkman House, Boston University in

## Change that lasts

Mayor Marty Walsh announced on Sunday that today's funeral Mass for former Mayor Thomas Menino will be shown on a large screen on City Hall Plaza.

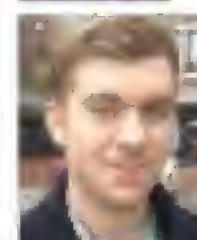
- In lieu of flowers, donations may be made to the Thomas M. Menino Fund for Boston to support city programs.

Kenmore Square, Fenway Park, Dudley Square, Grove Hall, Franklin Park, Bowdoin and Geneva, Mattapan Library and Roslindale Square.

The public is being encouraged to line the procession route.

MORGAN ROUSSEAU  
and DANNY McDONALD  
[morgan.rousseau@metro.us](mailto:morgan.rousseau@metro.us)

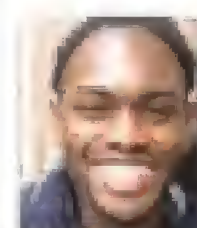
## Quoted



"He's been mayor pretty much our entire lives,

and we thought we would come down here and pay our respects for all he did, all the programs he made happen."

Pat Costello, 22, of Dorchester, works for the Boston Redevelopment Authority



"He had a presence, the way he carried himself.

To me, it was like he didn't carry any titles at all. He was just like you and me walking the streets. Man of the people. I give total respect to that. I think that's admirable – to be normal."

Prince Sela-Boakye, 25, originally from San Diego, social media guru



"He was a really great leader. There was no bulls—,

as they say. He inspired me to get into public service. He always surrounded himself with innovative people and he always had the people in mind. He was open to new ideas."

Hannah Clarke, 27, of the Fenway, consultant and worked under the Menino administration between 2010 and 2012

## Chelmsford. Bombing survivor Bauman marries

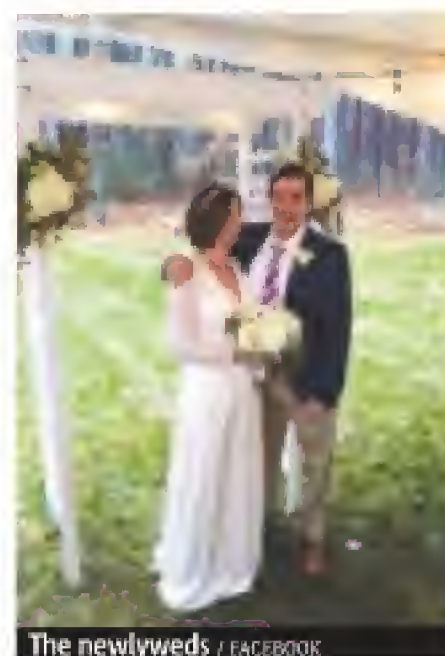
Boston Marathon bombing survivor Jeff Bauman and his fiancée Erin Hurley were married in an intimate ceremony with family and friends at their Chelmsford home Saturday.

A photograph on Bauman's public charity Facebook page shows the happy couple embracing

under a white tent.

Bauman, who lost both his legs when twin bombs exploded at the Boylston Street finish line on April 15, 2013, released his memoir "Stronger" in April.

Bauman and his wife, Erin Hurley, welcomed their first child, a daughter named Nora Gail, in July. **METRO**



The newlyweds / FACEBOOK

## Crime

### Cops seek Eastie sex assault suspect

Boston Police are asking the public's help in locating a man they say threatened a woman with a sharp object before sexually assaulting and robbing her early Saturday morning as she walked in East Boston.

The victim told police she was walking on Border Street when an unknown male attacked her from behind.

He was last seen fleeing on foot toward a nearby Shaw's Supermarket.

The woman was taken to a local hospital for treatment, police said.

The suspect is described as thin and in his mid-to-late 20s, and between 5-foot-5 and 5-foot-7.

Anyone with information can call the Boston Police Sexual Assault Unit at 617-343-4400. **METRO**

# 1

## NEWS



Top 3

What's trending online at [Metro.us](http://Metro.us)

1 'Chris Rock jokes about Boston Marathon bombing, 9/11 in 'SNL' monologue'

2 '10 facts you'll really wish weren't true

3 'PHOTOS: Walt "Clyde" Frazier style file'

Today's tweet

"Happy November! Here, have one less hour of afternoon light, plus freezing rain!" -- Boston"

@Melinda\_Baldwin wasn't pleased with Sunday's weather.



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# Baker holds 7-point lead

A Globe poll also finds voters do not want to expand the bottle deposit law.

If the general election for governor were held today, for whom would you vote?

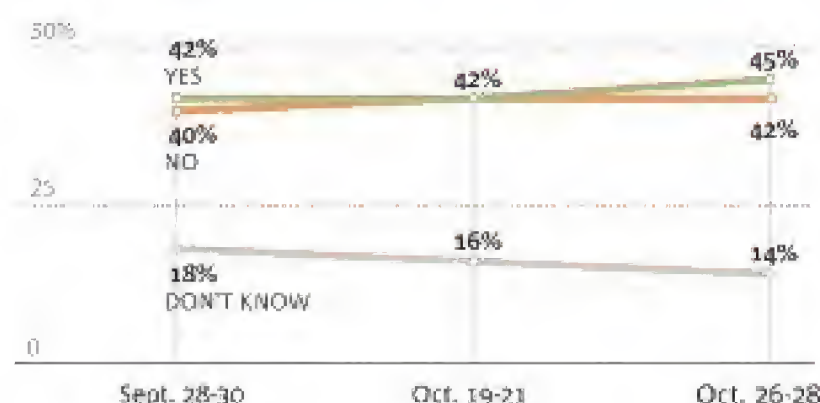


## The four ballot initiatives you'll see on Nov. 4:

### Question 1: Eliminating gas tax indexing

A YES VOTE WOULD...

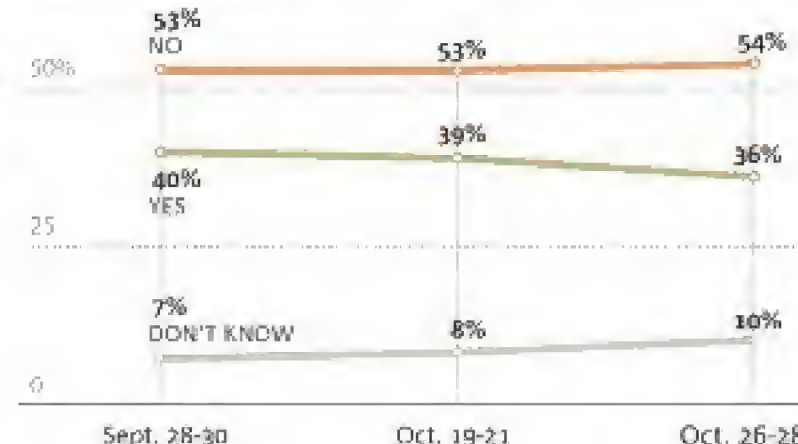
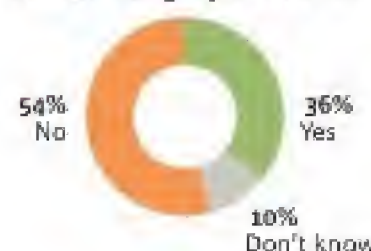
Eliminate the requirement that the state's gas tax be adjusted annually based on the Consumer Price Index.



### Question 3: Expanding prohibitions on gaming

A YES VOTE WOULD...

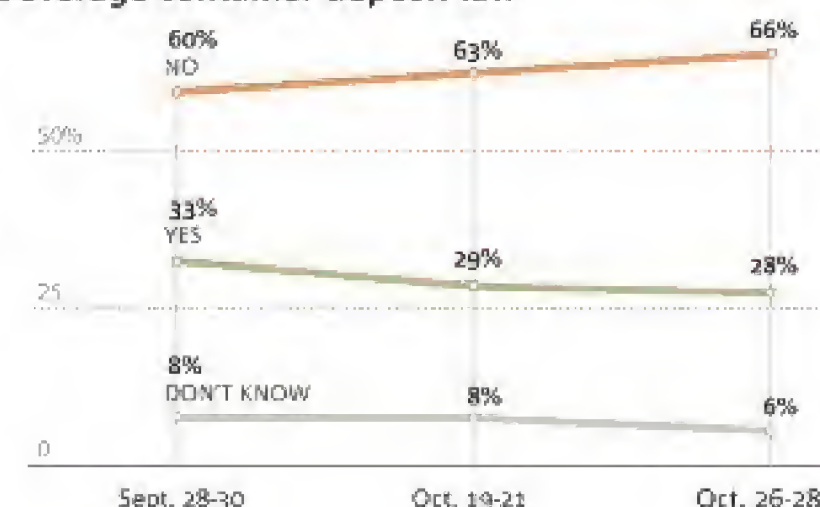
Prohibit casinos, any gaming establishment with slot machines, and wagering on simulcast greyhound races.



### Question 2: Expanding the beverage container deposit law

A YES VOTE WOULD...

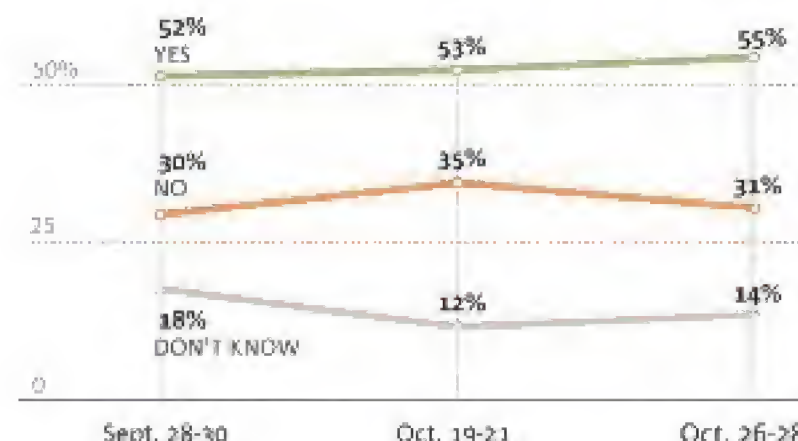
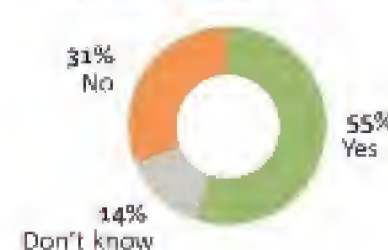
Expand the state's beverage container deposit law, increase associated handling fees, and make other changes.



### Question 4: Earned sick time for employees

A YES VOTE WOULD...

Entitle employees in Massachusetts to earn and use sick time according to certain conditions.



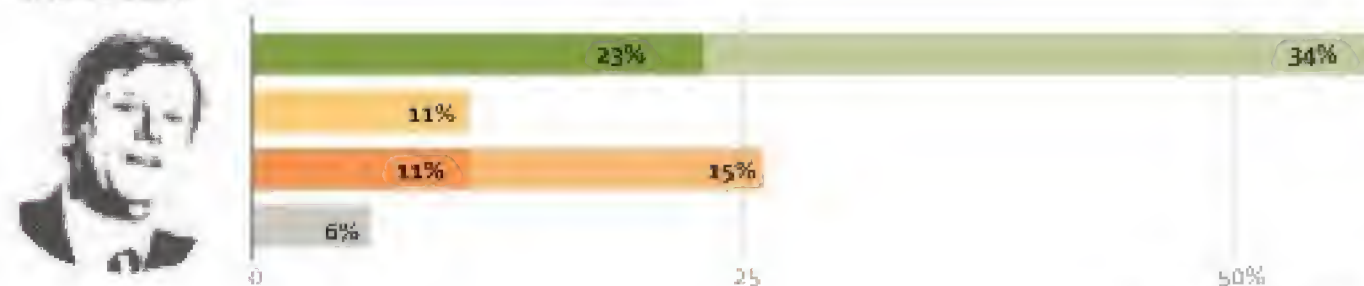
## FAVORABILITY RATINGS

Somewhat favorable Recognize name but can't rate Somewhat unfavorable Do not recognize  
Very favorable Very unfavorable

### Martha Coakley



### Charlie Baker





# Painful Varicose Veins and Swollen Legs?

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Varicose veins are MORE than just a cosmetic problem. They can also be a warning sign of a condition called Venous Insufficiency that kills over half a million people every year.



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|--|---|
| <input type="checkbox"/> Varicose Veins      | <input type="checkbox"/> Heaviness and Swelling         |
| <input type="checkbox"/> Spider Veins        | <input type="checkbox"/> Skin Discoloration             |
| <input type="checkbox"/> Itching and Burning | <input type="checkbox"/> Ulcers and Blood Clots         |
| <input type="checkbox"/> Leg Pain and Cramps | <input type="checkbox"/> Problem Walking Long Distances |

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## Beacon Street fire causes \$3 million in damages

A 4-alarm fire that broke out around 1:30 a.m. Sunday sent two firefighters to the hospital and caused about \$3 million in damages, according to the Boston Fire Department. The fire broke out in a four-story brick office building at 877 Beacon St. just after 1 a.m. The blaze is believed to have originated on the first floor, though it had quickly traveled up to the fourth floor by the time firefighters arrived on scene at 1:25 a.m. Firewalls stopped it from spreading to neighboring apartments, officials told WBZ. The cause of the fire remains under investigation.

NICOLAUS CZARNIECKI, METRO



## Revere. Firefighter accused of using club to strike trick-or-treaters

A longtime Revere fire captain faces charges of attacking a group of trick-or-treaters with a golf club.

Carl Holmberg, 44, was accompanying his wife and his 6-year-old son around 7:30 p.m. Friday night near Dale Street in Revere when a scuffle allegedly broke out.

His wife, Serena, told WCVB, however, that Holmberg was merely protecting her and their son from the trick-or-treaters who were threatening, taunting and throwing things at her son.

"He's a firefighter; that's what he does. He helps people," his wife told the television station. "He was protecting his 6-year-old and his wife."

According to multiple media outlets, Holmberg used a golf club in the altercation between his family and the other trick-or-treaters. His wife told WHDH that the family carries a golf club in the neighborhood to ward off menacing dogs.

During the altercation, Holmberg fell to the ground, according to his wife.

Holmberg could be arraigned on assault and battery with a dangerous weapon charges in Chelsea District Court as soon as today.

Multiple calls to Revere Police went unreturned Sunday. The Suffolk County District Attorney's office declined to confirm specifics of the case on Sunday. **METRO**



You are invited to hear **Anne Graham Lotz** Called "*the best preacher in the family*," by her father Billy Graham.

**Tremont Temple Baptist Church at 11:00 a.m., Sunday, November 9th, 2014.**  
**88 Tremont St., Boston, MA**  
**[www.tremonttemple.org](http://www.tremonttemple.org)**

### Crime

## Salem man found dead after throwing bombs out window

A Salem man who lobbed improvised explosives out of the window of his Salem home the morning after Halloween was found dead of a suspected self-inflicted gunshot wound.

Police responded to neighbors reporting a series of loud bangs on Meadow Street on Saturday morning. Neighbors

were evacuated from their homes as police worked to secure the area, according to Salem Mayor Kim Driscoll.

Salem Police, State Police and representatives of the Bureau of Alcohol, Tobacco, Firearms and Explosives all responded to the scene.

A tense stand-off ensued with armored vehicles called in. Local police issued community alerts warning that loud bangs may be heard in the area of Meadow Street.

The man who threw the ex-

plosives, identified as 49-year-old George Sprague, was found dead in his apartment. Boston.com reported that Sprague's body was found five hours after police responded. Police say he took his life and no other injuries were reported.

Driscoll praised the response of authorities, saying in a Facebook post "[T]he persistent, patient, professional response by our public safety folks helped to ensure there were no injuries to others."

**METRO**

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# Metro transforms its website, introduces app

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Today, Metro announces its newest incarnation of Metro.us — which, along with the accurate, timely and informed reporting it has always provided, will now offer a more robust and engaging digital experience.

Among the newest offerings is an expanded roster of trending videos, images and stories that will debut online and are sure to foster discussion.

Metro.us is also putting a new emphasis on community voices, including a growing selection of intelligent opinions from people around the country discussing the topics that are important to you.

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"We want you to have access to the best things on the Web, we want you to catch the newest viral videos and we want you to get all of your accurate and timely news," said Chief Digital Officer Lotta Karlsson. "We want you to come to us for all



A screen grab shows some of the developments on Metro.us. / METRO



of that and more — and now you can."

Complete with a redesigned look that offers more content for your click, Metro.us will give you everything you need throughout your day, including hot topics, the most popular stories and more categories to find exactly what you're looking for.

And while you're on the go, you can read Metro on your smartphone or tablet by downloading our free app, Metro US, where you can navigate through local, national and international news, entertainment, sports, lifestyle and blogs.

"Metro.us is a natural ex-

tension of something that we call the 'Metro Moment' — 15 minutes that our readers have to digest the news on their commutes," said Editor-in-Chief Aleksander Korab. "Metro.us lets us extend those 15 minutes to 15 hours or more and ensures that our content is tailored to our readers." METRO

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## Lena Dunham to people taking her out of context: 'Back the f— up, bros'

Lena Dunham is no stranger to having her words picked apart, but the "Girls" star has limits to how often she can turn the other cheek. This week, Dunham is hitting back against news outlets that claim Dunham had admitted to sexually abusing her younger sister, citing excerpts from her book, "Not That Kind of Girl." In the book, Dunham details an embarrassing moment of childhood curiosity when she was 7 and her sister, Grace, was 1. "The right-wing news story that I molested my little

sister isn't just LOL — it's really f—ing upsetting and disgusting. And by the way, if you were a little kid and never looked at another little kid's vagina, well, congrats to you," Dunham posted on her Twitter feed. "Usually this is stuff I can ignore but don't demean sufferers, don't twist my words, back the f— up, bros. ... I told a story about being a weird 7-year-old. I bet you have some too. ... And yes, this is a rage spiral. Sometimes I get so mad I burn right up. Also I wish my sister wasn't laughing so hard."



Lena Dunham, right, and her sister Grace are pictured here in 2010, approximately 17 years after the incident occurred that "right-wing news" outlets are making such a big deal of. / ALL PHOTOS GETTY IMAGES

## THE WORD

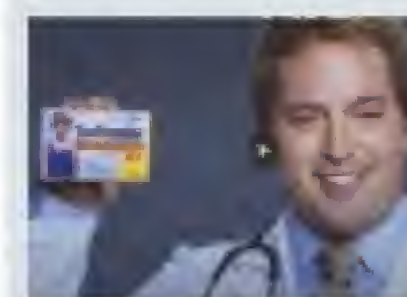
Ned Ehrbar takes on the world of gossip.

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### Daily video

### 'Swiftamine'

So what did you miss on "Saturday Night Live" this weekend? Aside from an epic nine-minute Prince jam and some awkward Boston Marathon and Freedom Tower jokes by Chris Rock, not a lot — but then there's this ad for a medication called Swiftamine: "Over the past month, realizing you like Taylor Swift has become the leading cause of vertigo in adults," says Beck Bennett's character, Dr. David Doctor. As the faux-ad goes on to explain, Taylor Swift-induced vertigo occurs when a Swift track causes your brain to get in a fight with your ears.



NBC/HULU

## Amanda Bynes clears the air about Zac Efron

Amanda Bynes is doing her thing again. The star, recently freed from her parents' conservatorship, has been speaking her mind on Twitter, taking on a number of topics. "It is not illegal to talk about my

personal business," she begins, kicking off a multi-tweet tirade. "People need to hear the truth about who I really am — I need to show the judge that not only do I not need any help making decisions about my future, I was planning on transferring to NYU and I was never homeless, I was living in the nicest hotels until I found the right [apartment] in NY." She's also now going to school at USC, apparently. Then she wrote: "By the way I just want to tweet that Zac Efron is not ugly." So this is basically like that time that Kanye took to Twitter to offer a belated in-depth public apology to Taylor Swift for crashing the stage at the VMAs, except way less important.



CHRIS MARTIN SEEMS PRETTY HAPPY IN THIS PHOTOGRAPH TAKEN LAST WEEK.

## Chris Martin and JLaw back together?

Apparently Chris Martin and Jennifer Lawrence aren't so split up — or, possibly, she just forgot a toothbrush at his place and needed to grab it — as she was photographed visiting Martin's home last week.

## Melanie Griffith not seeing 'Fifty Shades'

I don't often say this, but I'm with Melanie Griffith. The "Working Girl" star says she has no plans to watch the "Fifty Shades of Grey" movie due out in February. Of course, her not seeing it has more to do with her daughter, Dakota Johnson, getting all sexy and bondage-y in the film adaptation, whereas I just think the whole enterprise is terrible, but still. We agree. "It would just be too awkward," she tells Extra. "She, I think, would be mortified."

### Twitter feed

Jason Alexander has an odd understanding of Daylight Saving, Ellen Barkin is picking a political fight, Niall Horan begs to differ and Ricky Gervais has a theory.

@JasonAlexander: I'm going back to 1993 so I can be 33 for the winter.

@EllenBarkin: News flash: a fetus cannot talk. It is not a person. Not even a baby, not even an infant. Nope. Sorry.

@NiallOfficial: Someone said to me today, "you weren't very well dressed up for halloween." I totally disagree. We were the 6 best dressed in my eyes

@rickygervais: There don't seem to be as many conspiracy theorists as there used to be. I think the government had them killed.



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# Q&A RENE RUSSO STAYS UP LATE



"I'M IN LOVE WITH THE MOON,  
WHAT CAN I SAY? I'M A MOON  
GIRL," SAYS RENE RUSSO ON  
BEING A NIGHT OWL.

GETTY IMAGES

The "Nightcrawler" star talks being a night owl and starring in a dark and refreshingly smart movie.

Rene Russo stars as a tough but desperate news director in "Nightcrawler," written and directed by her husband, Dan Gilroy. With her station failing, she turns to a freelance videographer (Jake Gyllenhaal) for some sensational footage.

**At what point did Dan first tell you about this idea?**

A long time ago. He came home one day and told me about "nightcrawl-

ers" — or "stringers," they're sometimes called — and I had no idea, but they come out after dark and they have the night shift where they go around and they photograph during the witching hour. I'm a night person, and I'll be out at 2 a.m. So now I'm looking around me going, "Whoa, is that a nightcrawler?"

**You have a habit of going out late at night?**

I have a friend and we're both night owls. Usually I'm at home and I just watch docu-

mentaries or I answer emails. Night time for me is really magical. I love the night. I'll just go out into my backyard and look at the moon at night. I've seen some beautiful moon-sets. I'm in love with the moon, what can I say? I'm a moon girl.

**It's always nice to have a movie that lets you make up your own mind about what you're watching.**

Exactly! And what's really interesting about this movie is depending on sometimes

gender — and I don't mean all the time — or age, you'll look at this movie differently. Young people, I don't know if they are even looking at it in the same way because I don't think they've hit that desperation in terms of their jobs, you know? Young people that maybe haven't lived enough to cross as many moral boundaries are like, "Wow, that's f—ed up." I'm like, "OK, let me check back in with you in 40 years." [Laughs] "You need to get back in the oven and cook a little bit."



Jake Gyllenhaal confers with news head Rene Russo in "Nightcrawler," out now. / CHUCK ZLOTNICK, OPEN ROAD FILMS

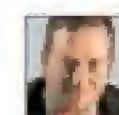
## Snip-snap

### Dealing with the paparazzi

The work that these characters do is reminiscent of TMZ and the amateur paparazzi industry.

Look, here's the deal: I am not Angelina Jolie. I can pretty much go out of my house [and not get noticed]. Has TMZ come up to me? Yes. I deal with things with humor. But I am not Lindsay Lohan. And I think if that were my life it would be really, really hard for me.

I'm a very private person. There are some restaurants I don't really go to because I know TMZ is going to be there and I don't want to wash my hair. These restaurants will actually call TMZ up and tell them who is there. And it's not like everyone's going to jump, "It's Rene!" But some will show up.



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## Box office

### 'Nightcrawler' tops slow weekend

"Nightcrawler," a dark crime thriller starring Jake Gyllenhaal as a freelance cameraman in the high-speed world of siren-chasing journalism, topped sluggish weekend domestic box office charts with

\$10.9 million in ticket sales. "Ouija," last weekend's box office leader, was second by a thin margin, selling just \$8,760 fewer in tickets in a weekend slowed by candy-gathering Halloween revelers, according to tracking firm Rentrak.

Brad Pitt's World War II

film "Fury" was third with \$9.1 million for the three days from Friday through Sunday. The Ben Affleck-starring thriller "Gone Girl," which led the box office for two weekends in October, continued its strong play with another \$8.8 million.

REUTERS

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# 'Dear Elizabeth' brings back the romance of letter writing

**Review.** Lyric Stage's latest could go a bit more in-depth with its characters, but the play still charms.

"Dear Elizabeth" is a lovely, if somewhat sanitized, story of the 35-year friendship of 20th century American poets Elizabeth Bishop and Robert Lowell. Though the two enjoyed a special relationship, they actually spent very little time together, communicating primarily by letter.

Director A. Nora Long nicely leaves you yearning for the gentler, more meaningful form of communication of days gone by with perfect staging and reading of said letters in Lyric Stage's production. Laura Latreille and Ed Hoopman embody the poets with such passion for words and for



Your emails are probably not as interesting as the letters sent between Elizabeth Bishop and Robert Lowell. / MARK S. HOWARD

If you go

## 'Dear Elizabeth'

Through Nov. 9  
Lyric Stage  
140 Clarendon St.  
\$25-\$63,  
617-585-5678  
www.lyricstage.com

each other that you can't help being charmed by this production.

Shelley Barish's set, a cluttered hodgepodge of the kind of stuff people gather while living full, creative lives on several continents, makes you feel front and center in this relationship. Worn, inviting furniture, tennis rackets, bottles of booze and an impressive floor-to-ceiling stack of books bring life and an oddly appealing sense of musty New England comfort to the rustic backdrop.

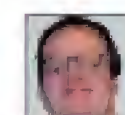
Latreille imbues Elizabeth

with a Katharine Hepburn-like Yankee sensibility that, at first, seems void of emotion. But as she ages, the physical and emotional maturation brings about a sense of confidence and comfort that make clear what an impressive performance you've witnessed.

Hoopman's Lowell has a nice awe-shucks demeanor about him, though he doesn't age as effectively as Elizabeth. He does, however, deliver a heartfelt pang of sadness during a pivotal point of unrequited love that is quite touch-

ing. Unfortunately, playwright Sarah Ruhl glosses over a goldmine of material in his marital issues and mental illness that would've yielded a much more interesting Lowell.

"Dear Elizabeth" sometimes feels like an overly romanticized tale of two poets. If you don't know them, you might think, stellar production notwithstanding, this would be a nice story for a magazine.



NICK DUSSAULT  
@MetroBOS  
letters@metro.us



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## TV watch list

### GAMES

#### 'Classic Battle of the Network Stars'

The only reason we're encouraging you to tune into an ESPN offshoot to watch a marathon of a goofball relic from the '70s and '80s where the actors and actresses went head-to-head in an "American Ninja Warrior"-style test of strength and agility is the possibility that successful ratings might mean we might see the likes of Jane the Virgin face off against Adam Levine. **ESPN CLASSIC, 7 P.M.**

### REALITY

#### 'The Voice'

Taylor Swift continues into month two of media domi-



TAYLOR SWIFT AND ADAM LEVINE  
TRAE PATTON, NBC

nance by serving as an advisor to contestants during the knockout round. Get your Swiftamine ready (see page 8) as she might sing during the show, right? **NBC, 8 P.M.**

### DRAMA

#### 'Gotham'

In this show, which investigates what the city of Gotham was

like before Batman's arrival, we see a younger Commissioner Gordon realizing that maybe he shouldn't have spared Penguin's life. **FOX, 8 P.M.**

### COMEDY

#### 'Jane the Virgin'

Jane, the titular virgin here, admits to Michael that she has feelings for Rafael. This is complicated because she is going to pre-marriage counseling with Michael and she is pregnant with the child of Rafael, due to some weird mix-up at her doctor's office. Oh, and she also works at the hotel that Rafael owns. And one more thing, she used to have a crush on Rafael when she was a teen. Lots to work through in that counseling sesh, Jane! **CW, 9 P.M.**

METRO



# WAYS TO HELP – AND KEEP YOUR OWN SANITY

After my last column, "Invisible battle: Mental illness remains undertreated," I received several emails from distressed readers inquiring about how to help a loved one experiencing severe and overwhelming mental and emotional challenges. Friends and family often feel a combination of worry, frustration, guilt, confusion and powerlessness. While each situation and diagnosis has its own particular challenges, here are 10 basic guidelines to help your loved one — and maintain your own sanity.

**1 Encourage the person to seek treatment.** Studies show that one of the greatest barriers to treatment is not access to affordable care, but people's misguided belief that they can handle it on their own. Not only is this unlikely, but delaying care usually prolongs and worsens symptoms.

**2 Get educated.** Try to learn as much as you can about their condition to understand its symptoms and what you might expect. The National Alliance of the Mentally Ill is one of many organizations that offer educational resources for family and friends.



Withdrawing will only make things worse. / CREATAS RF

**3 Don't play doctor.** Tempting as it may be, once you've become educated, don't try to be your loved one's therapist, even if they refuse to get help. Understanding the illness doesn't make you qualified to treat it.

**4 Try to imagine the person suffering as healed and whole.** Mentally ill people can be highly sensi-

tive to body language and concerned about the way others perceive them. Their biggest fear is that they are somehow broken. If you treat them this way, it will reinforce this false belief.

**5 Create a support team.** Try to "recruit" others who can check in regularly with the distressed person. This will create a more complete picture of their health

status and provide you with much-needed support.

**6 Watch for sudden changes in behavior.** Learn the warning signs of deterioration at [www.save.org](http://www.save.org), and the steps to take in response.

**7 Take care of yourself.** Make sure that, in your concern for your loved one, you don't neglect



No Insurance Necessary

**KIM SCHNEIDERMAN, MSW, LCSW**  
NOVEL-PERSPECTIVE.COM

Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring. Email Kim your questions at [askkim@metro.us](mailto:askkim@metro.us).

No. 10

## Don't withdraw

Continue to offer love and support, including invitations to activities. Sometimes a simple gesture can provide invaluable reassurance that you still love them and keep them engaged with the world outside themselves.

yourself. Keep up with healthy habits and activities that make you feel good, including therapy if necessary.

**8 Kids need help, too.** Children often feel responsible for their parents' suffering, and experience emotional neglect. Professional support can help them understand what's happening while offering a safe space to share their experiences.

**9 Accept your limitations.** For a person to heal, they have to want to get better. You can be very supportive, and a mentally ill individual can still make heartbreaking choices.



By the numbers

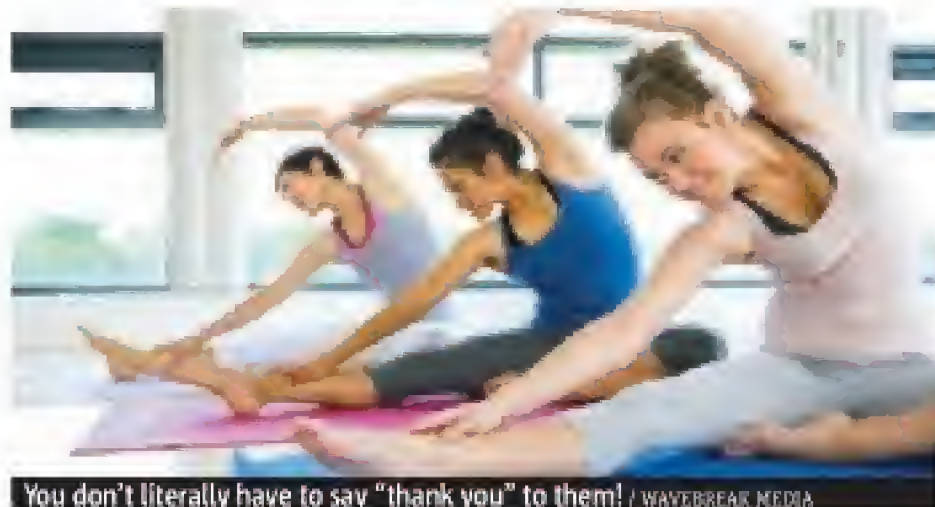
## The puzzle of depression

Depression is estimated to affect 350 million people worldwide, and scientists are still unsure of its cause and chemistry. "In neurobiological terms, we actually still don't know what depression is," says Mia Lindskog, a researcher at the Department of Neuroscience at Karolinska Institutet. "Our study represents another piece in the puzzle, since we provide an explanation for the protective biochemical changes induced by physical exercise that prevent the brain from being damaged during stress." EVA KIS

## Study. Thank your muscles for your elevated mood

Besides the short-term feel-good endorphins released during exercise, scientists have known that physically fit people are also better protected from stress-induced depression. But the reason for this benefit wasn't clear until a new study by researchers at Sweden's Karolinska Institutet unlocked how the brain is protected by exercise.

Research has shown that working out raises the level of a protein called PGC-1α in the skeletal muscle. The Swedish team honed in on this protein, genetically modifying mice to produce more of the protein, which led to their skeletal muscles showing characteristics of training even without exercise, they report in the



You don't literally have to say "thank you" to them! / WAVEBREAK MEDIA

journal Cell.

These mice, as well as a group of non-modified control mice, were kept under stressful conditions that included loud noises, flashing lights and disruption of their natural circadian rhythms. After five weeks,

the normal mice had become depressed, but the genetically modified mice showed no symptoms or behaviors of depression.

The researchers' initial hypothesis was that the PGC-1α enhanced muscles would

produce a brain-boosting substance, but that's not what happened.

"We actually found the opposite: Well-trained muscle produces an enzyme that purges the body of harmful substances," Jorge Ruas, principal investigator at the Department of Physiology and Pharmacology, Karolinska Institutet said in a statement. "So in this context the muscle's function is reminiscent of that of the kidney or the liver."

Ruas says this work may open up a new pharmacological principle in the treatment of depression, "where attempts could be made to influence skeletal muscle function instead of targeting the brain directly." EVA KIS

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# Colleges tighten travel bans due to Ebola crisis

## Studying abroad.

Students are prohibited from heading to the stricken region.

As West Africa continues to fight the spread of Ebola, colleges and universities are tightening restrictions on where students and professors can study abroad and do research.

The International Business Times reports that universities across the country are prohibiting students from

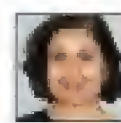
heading to Guinea, Sierra Leone and Liberia — the three countries hit hardest by the epidemic. The Centers for Disease Control (CDC) currently advises all Americans to avoid nonessential travel to the region while also noting that “education-related travel to these countries should be postponed until further notice.”

Columbia University announced its travel ban earlier this month, citing the CDC advisory. “Accordingly, all Columbia students, faculty and staff must avoid travel to Sierra Leone, Guinea and Liberia,” the university said in a

statement. “Students will not receive credit or funding for activities involving travel in these countries, and student groups are not permitted to visit any of them.”

Columbia is also among the universities that have said that they will make exceptions for faculty members going to West Africa for humanitarian reasons.

The University of Pennsylvania and Georgetown have also issued student travel restrictions.



LAKSHMI GANDHI  
@LakshmiGandhi  
lakshmi.gandhi@metro.us



Health workers from the Liberian Red Cross wear protective gear as they work in a clinic. / AEP

## One professor's story

### Fighting the epidemic

One professor who is traveling to Liberia to help stop Ebola is Trish Henwood, an assistant professor of emergency medicine at the Hospital of the

University of Pennsylvania. Henwood is getting ready to work with the International Medical Corps in Bong County, Liberia. “I realize risks are associated

with it, but they are calculated risks, and I feel like I have the right training and background,” she explained to the Philadelphia Inquirer.

## College. Don't make these common mistakes on your applications

Applying to college is one of the first adult responsibilities that teenagers face, and that pressure might add an extra level of anxiety to an already stressful process.

“Students have an idea in their heads of what admissions officers are looking for,” notes Mari McQuaid, a college admissions counselor at IvyWise, a consulting company that offers students college counseling and test prep. “[But] some students skimp on the details that can be advantageous to them.”

We asked McQuaid to share some advice for the high school students currently working through the application process.

### Show your personality

“It's harder to reject somebody if you feel that you kind of know them,” notes McQuaid. Too often, students are overly formal in their essays and application answers. She advises students to show colleges a

bit more about their interests. “The biggest mistake is not providing enough context,” she adds. Is there a reason you've always wanted to be a doctor or have chosen an education major? Including those stories will make your application richer.

“Don't be disrespectful,” warns McQuaid, “but if you can inject your sense of humor it does make a difference. ... You can kind of see the students who are overly concerned with how they come off.”

### Use descriptive language

When describing things like extracurriculars and part-time jobs, students tend to be very literal, notes McQuaid. “Spin it in the best way possible,” she advises. For example, a student who volunteers at a tutoring center often will say something like “I helped kids with their math homework,” which, while true, isn't particularly



Mentioning a mentor or teacher that impacted you helps humanize your applications. / WAVEBREAK MEDIA

## Do your homework

### Know the school you are applying to

Most applications have a question that simply asks students why they are interested in attending that particular school. “It's very, very important that students do their research so that their essay is as strong as

descriptive. “Saying that you mentored them or coached them sounds more impressive.”

Did you have a mentor who

possible,” says McQuaid. She recommends that applicants go to the university's website and look up the professors that they are likely to be taking classes with. Is there a particular class or major that intrigues you? Mentioning that — and explaining why — goes a long way.

helped you get to where you are today? “Give credit to those people,” says McQuaid. “It balances everything out in a way.”

LAKSHMI GANDHI

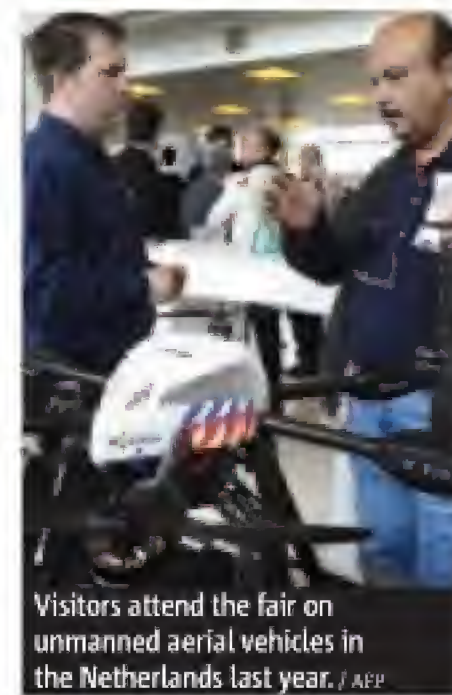
## Technology. Drones have some advocates on college campuses

When the average person thinks of a drone, the military uses of the unpiloted aircrafts are probably what come to mind. But some college professors say drones can be used in unique ways in class to further learning on campus and beyond.

At Ohio Wesleyan University, Chief Information Officer Brian Rellinger says he's been using drones with students to do things like photograph sports games and study wildlife and agriculture. In an interview with Vala Afshar for the Huffington Post's Impact blog, Rellinger stressed that drones could bring researchers access to places previously inadmissible to them, which would allow “gathering data from sacred forests in Ethiopia, mapping lava flows in Ecuador and surveying the forest canopy in Costa Rica.”

But all of this technology comes with a price. The types of drones that would be used for educational purposes run from \$500 to \$3,000.

LAKSHMI GANDHI



Visitors attend the fair on unmanned aerial vehicles in the Netherlands last year. / AEP

## The catch

Of course, not everyone is thrilled with the idea of putting drones in the hands of college students. Some of the ethical questions Rellinger and others often hear include concerns about privacy and the drones being used for spying or unwanted photography.



# It's possible to be happier at work

## Work-life balance.

Take these simple steps to make your workday easier.

If you're like most Americans, you spend most of your waking hours at your workplace — which means that you should try your hardest to make those hours happy ones.

Gretchen Rubin became a best-selling author five years ago with her book, "The Happiness Project," in which she experimented with different tactics to create a happy life.

"A lot of times with happiness there is a lot of attention paid to big, transformative events like, 'I'm going to climb Kilimanjaro,'" says Rubin. "But it's important to look at ordinary life, the little things you can work in that don't take a lot of time or money."

We recently sat down with Rubin to get her thoughts on simple things workers can do to make their days a little



Having a friend at work makes a big difference. / STOCKBYTE

brighter.

## Have a work buddy

"When [researchers] talk to people who are happy at work, one of the most common things is that they have a friend at work," Rubin notes. It's always nice to have someone to bounce ideas off of and to take coffee breaks with, Rubin adds.

## Try to find a supportive boss

"Choose your boss carefully, if you can," advises Rubin. "Because having a boss you feel cares about your success is very important to happiness."

## Make sure you are comfortable

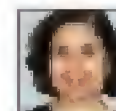
Literally. "Is your desk the

## Creating a plan

## A new online tool

Rubin is a spokeswoman MS Blueprint, a new online tool for people with multiple sclerosis that helps them to create action plans to reach personal goals. "I really believe you can do these simple, manageable things in everyday life that change the quality of your life," says Rubin. "MS is an unpredictable disease, [but Blueprint allows users to say:] 'Let me think of what my life is really like and what I can do to make my life better.'"

right size?" she asks. "Are you hunching your shoulders so that you are getting a backache every night?" Making little adjustments to your posture and finding a comfortable office chair can make a big difference. "Make sure you are comfortable in your body, because if you are uncomfortable it wears you out," Rubin adds.



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## Talking shop. Try these phrases when asked to justify your major at parties

If you're planning to go into law, business, engineering or med school, chances are you're getting praised for making a "smart" career decision.

Those of us who have chosen a degree with blurry career opportunities, such as a Bachelor of Arts, are most likely used to getting puzzled looks from relatives and friends.

"So what can you do with that degree?"

"Are there enough jobs in that field?"

If you're sick and tired of having to explain why you're pursuing your passion, here are a few responses you keep under your sleeve.

**1 "Any type of education is valuable."** No matter how irrelevant your major may seem compared to the "real world," you have spent four years learning about a specific discipline, and there will be jobs where you will



Don't let things get awkward when talk turns to careers at dinner.

INGRAM PUBLISHING

be needed.

**2 "I have employable skills. I just need to find the right opportunity — like everyone else."** No matter what major you choose, just about every educational process teaches you critical thinking, research methodologies and coherent writing skills. And these tools are valuable to any job out there.

**3 "I'm working on that now. Do you want to check back with me later?"** Although it is a good idea to think about your options, you shouldn't dwell on it throughout undergrad. Take it one day at a time!

Talentegg.com is a job board and online career resource for college students and recent graduates.

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## Horoscope

**♏ Scorpio | Oct. 23-Nov. 21.**  
Resist the urge to flare up in the heat of the moment. Jealousy will cause you to judge a situation in the wrong light.

**♐ Sagittarius | Nov. 22-Dec. 21.** A demanding family member may not be aware of your situation. Express your feelings and take a moment to re-evaluate your position.

**♑ Capricorn | Dec. 22-Jan. 20.** You have several choices to make, but before you take a leap of faith, ensure that you have all the information needed to make the right decision. Turning back won't be an option.

**♒ Aquarius | Jan. 21-Feb. 18.** Don't let lethargy drag you down. Spark your enthusiasm by taking a trip or educational course, or beginning a creative project. The longer you sit, the harder it will be to get motivated.

**♓ Pisces | Feb. 19-March 20.** Look for people who share your interests. There is no shortage of groups you can investigate. Find something that appeals to you and make a point to get involved.

**♈ Aries | March 21-April 20.** Problems will surface if financial matters are not handled properly. Gather the relevant parties in your household and allocate responsibilities.

**♉ Taurus | April 21-May 21.** Give your morale a boost. A trip to a flea market or local shopping area will help to break up the routine and reduce your stress level.

**♊ Gemini | May 22-June 20.** If you spend extra time at work, make sure you clear it with someone who counts on your assistance. You will face unwanted demands if you don't use your time wisely.

**♋ Cancer | June 21-July 22.** Keep your priorities in order. You have a creative project to work on, but make sure you take care of your primary responsibilities first to avoid interference once you start it.

**♌ Leo | July 23-Aug. 22.** You should make time for family today. If you have been too caught up with your own needs, someone you love will feel left out. A day trip will help bring you closer together.

**♍ Virgo | Aug. 23-Sept. 22.** Rely on the help of friends to complete your to-do list. The feeling of accomplishment will make you realize the importance of your relationships.

**♎ Libra | Sept. 23-Oct. 22.** You will discover some unsettling news. Don't judge or criticize before checking out the source of the information to determine if what's being said is fact or fiction. **EUGENIA LAST**

## Letters

## Ebola concern isn't hysteria

**Re: 'Nothing to fear' (Metro, Oct. 31 to Nov. 2)** Letter writer Michael Molder should have scratched a bit deeper — forced quarantine does have precedence going back to the 19th century, so yes, national health trumps the nurse's temporary discomfort. I should also note it's been suggested that someone can be contagious without displaying symptoms; also, about 13 percent of contagious people don't develop a fever, and despite earlier CDC

announcements, air droplets from, say, a sneeze, can infect. So yes, concern is warranted and it's not hysterics to suggest a temporary quarantine for those traveling from hot-zones nor a commercial travel ban to the same.

SEAN ROOK, VIA EMAIL

## Ebola isn't a top killer in the US

**Re: 'Nurse's happiness doesn't trump national health' (Metro, Oct. 30)** Robert Sieger's letter about Kaci Hickcox is a perfect

example of the kind of aggressive ignorance that is currently making the United States an embarrassment on the world stage. Kaci Hickcox, like many selfless health care workers, put her own life on the line in order to help the victims of a massive tragedy halfway around the world, only to be rewarded by being treated like a cross between a barnyard animal and Typhoid Mary when she returned here. While she was in Africa risking her health and future to aid strangers, I wonder what Mr. Sieger was doing, besides absorbing every bit of idiotic hysteria the media

has been doling out non-stop since the crisis in Africa started. I am amazed by the mindless cowardice on display across the media landscape, especially in the light of real threats to our safety — like the inexcusable and preventable gun violence that no doubt has killed a couple of random Americans today — while our death toll from Ebola remains at one.

ROBERT TROMBETTA, VIA EMAIL

## letters@metro.us



Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit letters. Please include your name and contact info.

## Sudoku: Easy and hard

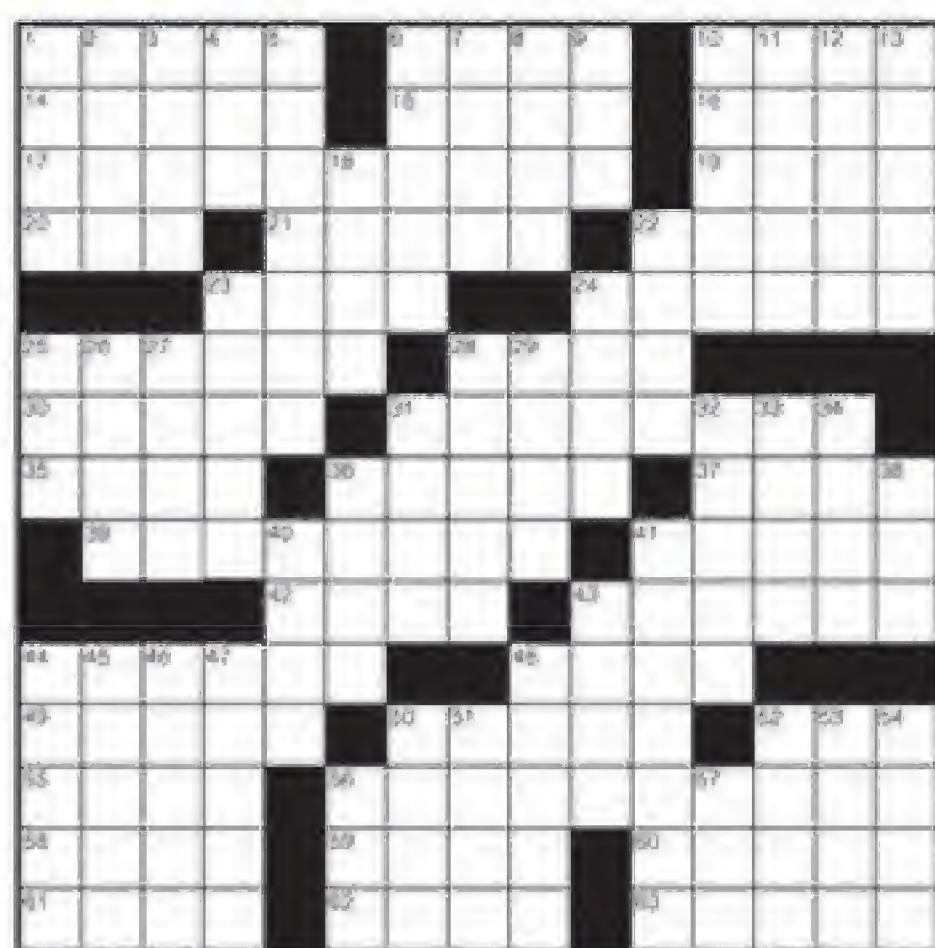
8							1	5
6	9		1		3			2
2			7			8		
			4	7				
	7		9		8		4	
				3	5			
		8			2			4
5			8		6		3	1
4	1							6

3	9				1			
		7	8	4		2		
		4	3	6		9		7
		1					6	
7								1
	5					3		
1		2		3	8	6		
		9		7	4	1		
			1				8	9

## How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword



## Across

- 1 Hot — sundae
- 6 Painted tinware
- 10 Wooded hollow
- 14 Elite squad (hyph.)
- 15 Court order
- 16 Toledo's lake
- 17 Romantic lighting
- 19 — fide
- 20 Quaker pronoun
- 21 Dentist's order
- 22 Flashy dressers
- 23 Excited
- 24 High-priority
- 25 Weasel-like carnivore
- 28 "Holy cow!"
- 30 Logs
- 31 Monthly payment for many
- 35 Apollo acronym
- 36 Myopic Mr.
- 37 Rockies ski resort
- 39 Interrupts (2 wds.)
- 41 Coon cat origin
- 42 Back muscles
- 43 Hit dead-center

## Down

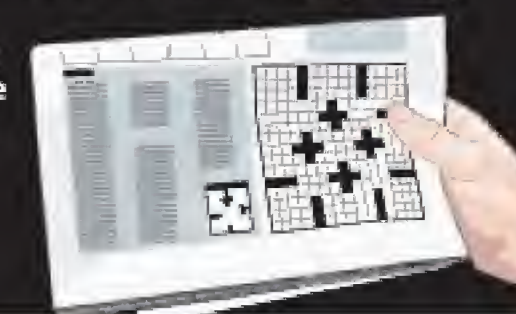
- 44 Small pet
- 48 Ancient cosmetic
- 49 Detox, perhaps
- 50 Columbus' port
- 52 Flying mammal
- 55 Diva's melody
- 56 Vacations for control freaks? (2 wds.)
- 58 Shaft locale
- 59 Field of study
- 60 High-IQ group
- 61 Farmer's need
- 62 Collies do it
- 63 Snake



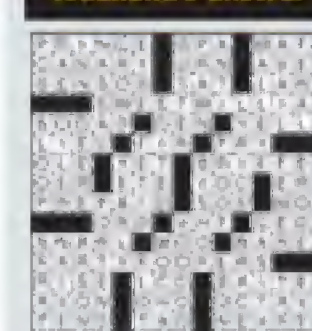
- 8 Onetime Trevi Fountain coins
- 9 Letter after zeta
- 10 Remove wiretaps
- 11 Carve a canyon
- 12 White-sale buy
- 13 Slightest
- 18 Zodiac beast
- 22 Remnant
- 23 Fragrant oil
- 24 Capable of (2 wds.)
- 25 Everest or K2
- 26 Desert dweller
- 27 Sub — (secretly)
- 28 Hindu ascetics
- 29 Spinach is rich in it
- 31 Clipper ship feature
- 32 Benefit
- 33 Actor Max —
- 34 One, in Berlin
- 36 Sit-down occasion
- 38 Was in charge
- 40 Smooth-talking
- 41 — Gandhi
- 43 Koh-I — diamond
- 44 Metric units

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Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



## Weekend's answer



- 45 Strange
- 46 Lorelei's river
- 47 Made like sheep
- 48 Handle dough
- 50 Clinton's veep
- 51 Still-life subject
- 52 Tough spot
- 53 Nave neighbor
- 54 Bygone ruler
- 56 "Oom-Pah- —"
- 57 Wine category



# Patriots crush Broncos on cold day in Foxboro

**NFL.** A big rivalry game turned into a cakewalk as New England walked over Denver to a relatively easy 43-21 victory.

Tom Brady and the Patriots rekindled the days of old against Peyton Manning on the first wintery day of the year in Foxboro.

New England ran out to a 27-7 halftime lead behind four second quarter touchdowns and never looked back in a 43-21 victory. The win pushed the Pats to 7-2 on the season (5-0 at home) and furthered their stranglehold on first place in the AFC East.

Denver, which entered as three-point road favorites, took just their second loss of the season after winning four straight.

Metro looks at three things that went right in the Patriots' biggest victory in years.

## 1 Back on top

The Brady-Manning showdowns have always been used as a measuring stick for the best quarterback in the game. And despite their advanced ages, they are still the league's best. But no one is playing better than Brady right now. The 37-year-old followed up a five-touchdown perfor-



Julian Edelman had two touchdowns in the second quarter, including an 84-yard punt return for a touchdown. / GETTY IMAGES



Visit [Metro.us](http://Metro.us) to read about the Redskins' bus crash on the way to their game.

mance with a ho-hum four touchdowns and 333 yards against the vaunted Denver defense. Brady threw the ball 53 times in a game that was supposed to be tailor made for the running game due to 20 mph wind gusts. The Patriots eschewed the running game almost entirely — with just 23 carries for the backs — and considering how hot Brady was, it made

sense. Most importantly, the previously shaky offensive line let Brady stand in the pocket largely unmolested by elite pass rushers Von Miller and DeMarcus Ware.

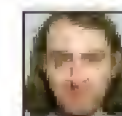
## 2 Gronk's good

You're allowed to still expect him to get injured eventually, but Rob Gronkowski is separating himself from the greatest tight ends of all-

time — forget about just active ones. He added another touchdown on Sunday with nine catches and 105 yards receiving. The touchdown was the 50th of his career. He became the second fastest in history to have 50 touchdown catches, behind only Randy Moss. He is averaging 103.2 yards per game with five total touchdowns since taking on a full workload against the Bengals.

## 3 Getting defensive

Most of the numbers will say the Patriots defense had a poor game. They gave up 472 total yards and sacked Manning just once. But the game tape tells a much different story. Against the best offense in the game, the Patriots' no-name defensive made plays when it mattered most. The defense held Denver scoreless as the game slipped from their fingers in the second quarter. Trailing 7-6, Rob Ninkovich picked off Manning and Brady found Julian Edelman for a quick touchdown four plays later. On the next possession, the Pats forced a punt after five plays for 11 yards and Edelman returned it 84 yards for a touchdown. Just like that it was 20-7 Patriots and after a missed field goal on the next possession, the Broncos never got close again.



MARK OSBORNE  
@MetroNYSports  
mark.osborne@metro.us

# 3

## SPORTS

### Taking shape

#### Alabama up to No. 4

The Crimson Tide is back in the college football playoff — if the selection committee follows suit with the AP poll released Sunday. Alabama moved up to No. 4 with the loss of Ole Miss on Saturday. Auburn, who picked up a 35-31 win at the Rebels, are No. 3. Mississippi State and Florida State remain No. 1 and No. 2, respectively. The selection committee releases their rankings Tuesday night.

## Around the NFL

The Jets' season continues to get uglier, while the Seahawks held on against the lowly Raiders.

### Chiefs 24, Jets 10

Michael Vick's first game as starter worked out about as well as the previous seven games for New York. Alex Smith threw for 199 yards and two touchdowns as the Jets lost their eighth straight game.

### Seahawks 30, Raiders 24

Marshawn Lynch stepped up with two touchdowns runs on a subpar passing day for Rus-

sell Wilson in a much-needed win for Seattle. The Seahawks defense also caused three turnovers, leading to the win.

### Rams 13, 49ers 10

Perhaps the Rams aren't as bad as we thought. St. Louis pulled off yet another upset (they beat Seattle a few weeks ago) thanks in part to Colin Kaepernick's all-time worst performance.

### Cardinals 28, Cowboys 17

Tony Romo sat out and the Cardinals advanced to 7-1 on the season.



Vick briefly left with an injury for the Jets. / GETTY IMAGES

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## NHL power rankings | by Rich Slate

No. 1

Ducks  
(9-3-0)

It is hard to argue that the Ducks aren't the top team in the league at the moment. They have the most points (18) and an impressive goal-differential of plus-11. Corey Perry leads the league with 10 goals and Frederik Anderson has the best goals against average (1.60) in the NHL.

No. 2

Lightning  
(8-3-1)

The Canadiens have the same amount of points but they are ahead of Tampa Bay since they have played one less game. Tampa is better since their goal-differential is plus-10.

No. 3

Canadiens  
(8-2-1)

It's a fact that the Canadiens are off to a great start. The only potential cause for a bit of concern about them is their goal-differential — which is zero.

No. 4

Penguins  
(7-2-1)

The Penguins' offense is putting up silly numbers: 41 goals. Pittsburgh also has the best goal-differential, an absurd plus-19. This isn't news, but Sidney Crosby and Evgeni Malkin are nearly unstoppable.

No. 5

Canucks  
(8-3-0)

Ryan Miller (8-1-0, .918 save percentage, 2.24 goals against average, one shutout) looks rejuvenated which is a great sign. Vancouver is currently riding a four-game winning streak.

No. 6

Wild  
(7-3-0)

Another Western team that is really flying under the radar is the Wild. They are tied with Florida for the fewest goals allowed (18) and they have the second best goal-differential.

No. 7

Sharks  
(7-4-2)

The Sharks came back to Earth after a long East Coast road trip. Still, it figures to be another great race between them, Anaheim and Los Angeles for control of the Pacific Division all season.

No. 8

Red Wings  
(6-6-2)

They won't continue to play at this level if they keep struggling to score goals (27) but their solid goaltending and defense (21 goals allowed) is something to build around.

No. 9

Predators  
(6-2-2)

Things are going well in the Music City with the Preds tied atop the Central Division. Rookie center Filip Forsberg (one goal, seven assists, plus-11) looks like a find.

No. 10

Kings  
(6-3-2)

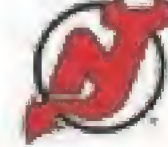
L.A. has yet to win a road game (0-2-2). Expect that to balance out with their stellar record at Staples Center (6-1-0). Getting do-everything center Anze Kopitar back after missing the last three games is key.

No. 11

Blues  
(6-3-1)

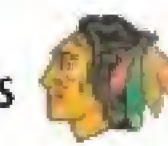
After a slow start to the season, the Blues have turned it up lately with four straight wins. A back-to-back at the Rangers Monday then Devils on Tuesday will be a good test.

No. 12

Devils  
(6-3-2)

They are playing for second place in the Metropolitan Division behind Pittsburgh, but it is wide open between them, the Islanders, Rangers, Capitals, Flyers and Blue Jackets.

No. 13

Blackhawks  
(6-4-1)

Don't expect to find the Blackhawks down here long. Chicago lost 3-2 in Toronto on Saturday but Corey Crawford returned so that is a positive. The Blackhawks' goal differential is plus-7.

No. 14

Flames  
(6-4-2)

The Flames are off to a great start. It's going to be an uphill battle as usual for them in the Pacific Division with Anaheim, Vancouver, San Jose and L.A. all in front of them.

No. 15

Bruins  
(7-6-0)

Boston has won five of their last seven games and Saturday's 4-2 victory vs. Ottawa was one of their most impressive triumphs of the season.

No. 16

Leafs  
(4-1)

The Leafs have won their last three games. Toronto is 3-0-1 on the road which is an interesting statistic. Three of their next four games are on the road as well as Arizona, Colorado and Ottawa.

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Department of Psychiatry, Boston University Medical Center

## NHL. Bruins ink head coach Julien to new multi-year contract extension

It's been a good era for the Boston Bruins, and the powers that be decided to take a step toward extending the recent success of the B's by signing coach Claude Julien to a multi-year extension.

"Claude is one of the top coaches in the NHL and has consistently shown a passion for winning through his coaching," Bruins general manager Peter Chiarelli said on the Bruins' website. "Coaching is a difficult profession at the best of times and what Claude does in implementing structure in his systems, and having a solid defensive foundation while allowing freedom in offensive play is no easy task."

During his tenure as head coach, the Bruins have gone 317-171-65 in 553 games with a .632 win percentage. "During his time with the Bruins, he has excelled in maintaining this difficult balance," Chiarelli continued on his coach, "and his longevity here speaks volumes. He



The Bruins have been coy about the specifics of Julien's deal. /GETTY IMAGES

has coached the Bruins to a Stanley Cup and a Cup Final appearance and our goal to win with him at the helm remains the same as we move forward."

Julien won the Jack Adams Trophy as the league's top coach in 2008-09 and also

earned the NHL Coach of the Year honors from The Sporting News that season.

Every single year Julien has been on the bench the Bruins made the playoffs.

The 7-6 club looks to get things going against the Panthers Tuesday at home. METRO





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*Whether or not you are currently taking an antidepressant, you may be eligible to participate.*

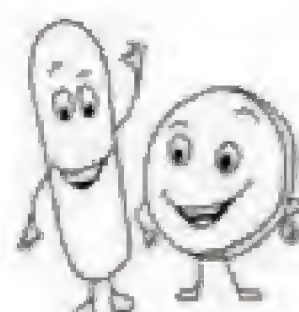


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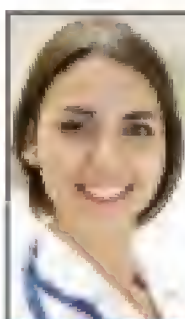
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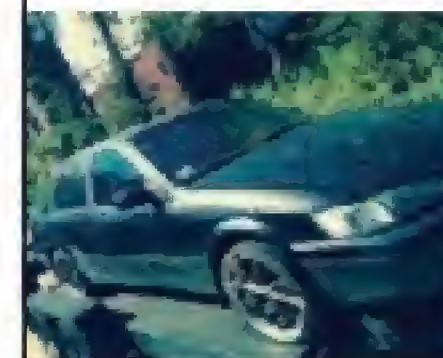
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COMMONWEALTH OF MASSACHUSETTS  
LAND COURT  
DEPARTMENT OF THE TRIAL COURT  
14 MISC 487183

### ORDER OF NOTICE

TO:

Jamila Puckerin

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. App. § 501 et seq.:

East Boston Savings Bank,

claiming to have an interest in a Mortgage covering real property in  
Dorchester, numbered 1-3 Louis Terrace, Unit 1-B of Blandino Farms  
Condominium, given by Jamila Puckerin to East Boston Savings  
Bank, dated June 28, 2012, and recorded in Suffolk County Registry  
of Deeds in Book 49766, Page 326, has filed with this court a complaint  
for determination of Defendant's Servicemembers status.

If you now are, or recently have been, in the active military service of the  
United States of America, then you may be entitled to the benefits of the  
Servicemembers Civil Relief Act. If you object to a foreclosure of the  
above-mentioned property on that basis, then you or your attorney must  
file a written appearance and answer in this court at **Three Pemberton  
Square, Boston, MA 02108** on or before December 1, 2014 or you will  
be forever barred from claiming that you are entitled to the benefits of  
said Act.

Witness, JUDITH C. CUTLER Chief Justice of this Court on October 15, 2014,

Deborah J. Patterson  
Recorder

11/3/14

COMMONWEALTH OF MASSACHUSETTS  
LAND COURT  
DEPARTMENT OF THE TRIAL COURT  
487115

### ORDER OF NOTICE

TO:

The heirs, devisees and legal representatives of the Estate of Howard Siegel  
Andrew J. Siegel  
Ann S. Friedman

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50  
U.S.C. App. § 501 et seq.:

Ventures Trust 2013-I-H-R by MCM Capital Partners, LLC, its trustee,

claiming to have an interest in a Mortgage covering real property in **Boston**  
(Brighton District), numbered 19-21 Mapleton Street, Unit 21, 19-21 Mapleton  
Street Condominium, given by Howard Siegel to Mortgage Electronic  
Registration Systems, Inc. as nominee for, Countrywide Home Loans, Inc., its  
successors and assigns, dated May 25, 2006, and recorded in Suffolk County  
Registry of Deeds in Book 39697, Page 257, and now held by plaintiff by  
assignment, has/have filed with this court a complaint for determination of  
Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United  
States of America, then you may be entitled to the benefits of the Servicemembers  
Civil Relief Act. If you object to a foreclosure of the above-mentioned property on  
that basis, then you or your attorney must file a written appearance and answer in  
this court at **Three Pemberton Square, Boston, MA 02108** on or before **December**  
**1, 2014** or you will be forever barred from claiming that you are entitled to the  
benefits of said Act.

Witness, JUDITH C. CUTLER Chief Justice of this Court on October 14, 2014

Attest:

Deborah J. Patterson  
Recorder

11/3/14

## LEGAL NOTICES

COMMONWEALTH OF MASSACHUSETTS  
LAND COURT  
DEPARTMENT OF THE TRIAL COURT  
14 MISC 487387  
**ORDER OF NOTICE**

TO:

VERONICA D. MOON and  
OBIE LEE TURNER

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act,  
50 U.S.C. App. § 501 et seq.:

CYNTHIA SPEIGHT

claiming to have an interest in a Mortgage covering real property in  
DORCHESTER (BOSTON), 883 WASHINGTON STREET, given by  
VERONICA D. MOON to CYNTHIA SPEIGHT dated NOVEMBER 29, 2004, and  
recorded in SUFFOLK REGISTRY OF DEEDS in Book 38610, at Page 182,  
has/have filed with this court a complaint for determination of Defendant's/  
Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the  
United States of America, then you may be entitled to the benefits of the  
Servicemembers Civil Relief Act. If you object to a foreclosure of the  
above-mentioned property on that basis, then you or your attorney must  
file a written appearance and answer in this court at **Three Pemberton  
Square, Boston, MA 02108** on or before **December 8, 2014** or you will be  
forever barred from claiming that you are entitled to the benefits of said Act.

Witness, Judith C. Cutler, Chief Justice of this Court on October 22, 2014

Attest:

Deborah J. Patterson  
Recorder

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Ruggles MBTA, on the Green  
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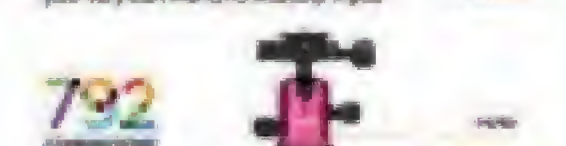


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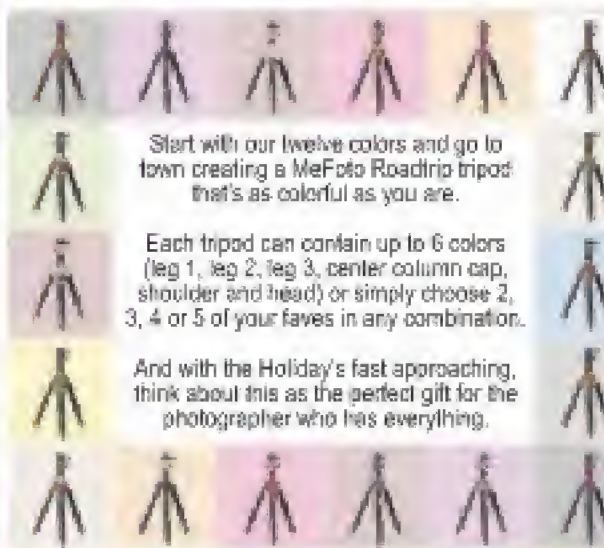
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